

Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

I don't understand how being here is going to help.

Perhaps posting my progress and struggles will help other people.

Perhaps I'll receive encouragement and good advice and support.

I sincerely DOUBT that I can just succeed for 90 days (13 weeks),
just because I decide I want to, SINCE I've failed so many times
in the past. But maybe this time is different, because I will post here,
and have 2 experienced guys I've been emailing regularly.

B'ezras HaShem, I will finally succeed and break free from this bad habit.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 09 Dec 2016 13:42

I received this bit of mussar:

"When you love someone, you do what's best for them, not what's convenient for yourself...".

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Re: going for 90 days (Feb. 20)
Posted by Markz - 09 Dec 2016 13:47

The guy deserves a Karma

Ok there I said it

Now, Dov has a message "get of the 18 wheeler and get on the tricycle"

Seems that exercise tricycle or treadmill will get you to places in life even if externally you don't move an inch on such vehicles

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 09 Dec 2016 13:49

"When you love someone, you do what's best for them, not what's convenient for yourself...".

Does that mean that my wife doesn't love me? Surely, she does. And no, her name is not Sherley.

In the treadmill/cleaning for Shabbos scenario, someone's will has to be done. Either mine or my wife.

We both wanted to do what was more convenient.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 09 Dec 2016 13:57

[Yosef Tikun HaYesod wrote on 09 Dec 2016 13:49:](#)

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Re: going for 90 days (Feb. 20)
Posted by Watson - 09 Dec 2016 14:18

[Yosef Tikun HaYesod wrote on 23 Nov 2016 22:44:](#)

1. I almost always will fail around Sukkos time, which is only a few weeks after the 10 Days.
2. the next time after Sukkos is Chanuka time. I will almost always fail around Chanuka time.

"Yosef Tikun HaYesod" post=299536 date=1481290081 catid=4

Over FOUR full weeks clean! Oh yeah!

Question for you. Why are you so happy with 4 weeks clean when you wouldn't normally fall by now anyway?

Not that you shouldn't be happy, just wondering what's changed?

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Re: going for 90 days (Feb. 20)
Posted by Markz - 09 Dec 2016 14:25

Yosef have you been on gye since Feb 2011 as displayed on your page?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 09 Dec 2016 14:29

[Watson wrote on 09 Dec 2016 14:18:](#)

[Yosef Tikun HaYesod wrote on 23 Nov 2016 22:44:](#)

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Over FOUR full weeks clean! Oh yeah!

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Not that you shouldn't be happy, just wondering what's changed?

DDats a good question.

Perhaps there is a good answer as well.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 09 Dec 2016 14:31

Excellent question!

(And I did fail on Hoshana Raba of all times!)

I think the answer is that I'm going strong.

I feel good.

Mushel time: there's a runner. At the 5k mark, he always has to start walking. He has never been able to run the whole 10k race without walking. Then, he changes some things up, gets some suggestions and takes some advice, and now he is running another race. At the 2k mark, he says: "2 kilometers...Oh yeah!" So, someone asks him, but you always made it to the 5k mark before you had to stop running. What's the big deal about getting to the 2k mark? The answer is, that he feels good and strong and knows that THIS time, he will probably make it a lot farther...maybe even the whole race.

Good Shabbos.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 09 Dec 2016 14:43

[Yosef Tikun HaYesod wrote on 09 Dec 2016 14:31:](#)

THIS time, he will probably make it a lot farther...maybe even the whole race.

This time is different. Got it.

Don't forget "one day at a time" my friend.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 09 Dec 2016 14:50

When does the race end?

What does the finishing line look like?

Will there be in waiting seventy....?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 11 Dec 2016 13:52

Another couple of clean days. I just got an email from GYE that said:

Wow...a whole month! If one said Ve'sain Tal U'matar for 30 days, we assume he won't forget anymore. What does that mean? It means that sticking to a pattern for 30 days kind of "wires it" into the brain!

I went into Shabbos a little more calm than usual.

Shabbos was nice.

Motzei Shabbos too.

Yes, I could fail any day...and am not so strong as to be able to pass a big test.

That goes back to my very first post here. I don't know HOW this is going to help.

I've taken several different steps this time (preparing for the race differently), so

I think I've increased my chances of success.

What more CAN I do?

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[Markz wrote on 09 Dec 2016 14:25:](#)

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Re: going for 90 days (Feb. 20)

Posted by Watson - 11 Dec 2016 15:35

[Markz wrote on 09 Dec 2016 14:25:](#)

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 11 Dec 2016 16:04

First, I would like to know what's the difference?

Maybe, I don't care to admit that I went on here before and failed and gave up for many years.

I felt the desire and koach to try to break free from this nisayon several years ago.

I went on this website and put in some real effort to work on myself and this tyvah.

When exactly that was, I don't remember.

By the way, when I go to my profile it says:

My 90 Day Count

31 Days

Started Nov 10, 2016

9 Heshvan, 5777

Last Update : 0 Day Ago

I'd seriously like to know where it says Feb. 2011. I couldn't find it.

[EDIT: I see it now: Register Date: 01 Mar 2011 Last Visit Date: Today]

There IS something totally wrong on my 90-day chart.

I thought it was curious, but didn't care too much OR know how to change it.

It says that I was clean for 2000 or so days...which "halivay," will hopefully happen...

but that is totally not true and hasn't happened yet.

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